



# BodyMind Balance

restoring balance to mind, body & soul

September 2010

A warm welcome to you all at my favourite time of the year. I love the promise of potential that spring brings. There is always an air of optimism around, a time of fresh growth and ideas, and new ways of being. Spring is also a cleansing time, historically there was very little food around, the harvests of autumn used up over the winter period and with the ground just warming up, new crops were not yet established. If we look in our gardens we will see the likes of bidibid or cleavers as it is known by herbalists, starting to flourish. This is a plant particularly useful for cleansing the body lymphatic system and skin conditions such as psoriasis. A great example of nature providing us with just what we need at the time we need it. While I know that a bodily spring clean is just what I need at the moment, an experience with my son in the last month prompted me to consider the importance of spring cleaning other areas of our life - not just the physical but also mentally and emotionally. Check out some tips under Spring Cleaning your way to Happiness and Fulfillment. This month I have also included a new thought/action on relationships - see food for thought, plus a little bit about journaling - a great way to download. Trust there will be something of interest for you.

- **Spring Cleaning** your way to Happiness and Fulfillment
- **Spring Equinox** - September 23rd, what is an equinox?
- **Some relationship 'food for thought'**
- **Journaling** - the key to mental freedom

## Food for Thought

I have just read Jeanette Wilson's book, Medium Rare which I really enjoyed - one of the points that really stuck out for me was about relationships. So often we ask what can my partner, my boss, my mother, etc do for me or what do I get out of the relationship? But when we ask what can I do for my

## Spring Cleaning your way to Happiness & Fulfillment

With the lightness that spring brings, we often naturally find ourselves going through our cupboards, pantry, garage, wardrobes etc throwing out that which no longer serves us. But how often do we go through our internal cupboards, and determine whether our thoughts and beliefs are still of use to us? My son provided me with some great material around beliefs earlier this month. It was speech time and he had written his speech and practiced it. However his presentation time was delayed and when it was finally time to do it, (a couple of weeks later) his whole experience changed. The night before he worked himself into a real state, he was very anxious over it, concerned that he wouldn't remember it etc etc. What I observed was that he was absolutely petrified about something that hadn't happened yet and based on his earlier preparation and previous years occurrences was probably not the

partner, mother etc the relationship changes. Another great relationship tool is the 100/0% rule. (This came from Simple Truths by Mac Anderson, an online inspirational site). When we give 100% to our relationships expecting nothing in return, our relationships change dramatically. Why not give either a try with your significant other, your children, work colleagues, parents and see what magic occurs for you.

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## Sonia Choquette

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I was privileged to attend Sonia Choquette's book signing for Travelling at the Speed of Love last month and was totally inspired by her vibrancy, integrity and energy. I am currently reading her book which has some great tools for determining the quality of our journey through life.

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## Spring Equinox

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The Spring Equinox historically marks the start of spring, the transition between winter

likely outcome either. And yet this was where he stayed emotionally despite running through the speech really well with the family. The change came when he had a good night's sleep and a remedy he asked me to make up.

It got me thking how many of us do this every day - How many fears do we have, how many stories do we weave that are based on a projection of a future as yet undetermined rather than the reality of where we are now and what could be?

Or perhaps we have a belief about someone, something or ourseves that we have never challenged eg my boss is really mean, my husband/wife doesn't understand me, my children don't appreciate me, I am never lucky in love, I am always unlucky, I don't have the confidence to do that, I never have enough... money, friends, love etc. I am sure you get the picture. What if you spring cleaned these beliefs and thoughts or challenged them eg I am lucky, I always have enough time, money, love or perhaps I now treat my self with respect, compassion and love, I trust that it will all work out for the best.

You may be surprised at what thoughts you have in a day. A great exercise to do is put a rubber band on your wrist and then every time you notice a negative thought or belief popping into your head snap the rubberband. And of course take the opportunity to replace it with a more postive frame eg I've done it again, I am so useless becomes I am improving every day or I am gentle on myself when I make mistakes or it is okay for me not to get it right, I learn from my mistakes. You might be surprised at what your unconscious thoughts are.

Take the opportunity to clean out the recesses of your mind and let some fresh air in - in the form of positive reinforcing statements and actions. Challenge any beliefs you may hold especially about people. Start each of your interactions with a clean slate. Meet them from the level of soul rather than that of pesonality. Of course this applies to yourself as well!

## Journalling - another spring cleaning tool

This is a tool that I regularly recommend to clients as well as use myself.

and summer - a time when the sun is positioned above the equator. It has always been known as a time of growth and renewal. A perfect time for deciding what you want to grow in your life and what you would like to discard. It is a time of hope, so consider what you hope for yourself and then decide what seeds you need to plant to have this occur.

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### ½ Marathon Update

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Well, how prophetic was last months newsletter about resilience!

My shoes are back on again, and while still on track for Kerikeri in November I have definitely been challenged by my body in ways I have never before experienced, so much learning. What have I learnt? To stop and listen to my body and to be very grateful for and reverent about the beauty and strength my body has. I figure a good lesson as I turn 45. Thanks Eileen and Janelle for keeping me gently on track!

It is very simple, yet very effective. Using 3 A4 pages, you simply write down whatever is on your mind. This could be anything, I am really scared, worried..., I am pleased that the sun is out today, I don't know what I am going to cook for dinner, this seems like a pointless exercise etc etc. Sometimes I am sure, some clients have written, I don't know why I am doing this but Debbie has told me I have to! Once the pages are complete, discard or burn them. The goal of this is not to analyse or find answers, but simply to get those thoughts out of your head so they are not able to continue going round and round. Downloading them creates more space, which in turn creates more clarity and allows you to move forward in your life.

This is a very effective tool to use anytime you are not coping, feeling like you are heading downwards rather than upwards or just wanting more peace, calmness and clarity in your life.

Our native Kowhai heralds in spring so thought it would be fitting to finish with these words from Franchelle Ofsoske-Wyber in The Sacred Plant Medicine of Aotearoa about the Kowhai First Light Flower Essence. They really express the real essence of spring.

### Kowhai - the Growth Essence

**"I bring the gift of adventure. Through me you embrace the joy of growth; as you open yourself to wonder of self-discovery and new experience."**

Spring cleaning the recesses of your mind opens you to the wonder of self-discovery which leads to new experiences and creates a new life. I trust some of these will assist you to enjoy, see and grab the potential and promise that spring brings. Go well!



**Insanity:**

**Continually doing the same thing over and over again and expecting a different result**

**Albert Einstein**

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September 10.00am - 3.00pm. Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

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